



- 6** Introductions
- 8** Nutrition
- 11** Symbols & standards
- 178** Glossary
- 180** Index

BASICS

- 24** Nut paste
- 48** Harissa
- 58** Cashew sour cream
- 88** Basic vegetable stock
- 100** Basil oil
- 124** Tahini
- 136** Wakame gomasio
- 139** Eggless mayonnaise
- 152** Almond milk
- 152** Coconut milk

BREAKFAST

- 14** Daily green smoothie
- 15** Everyday protein shake
- 16** Coffee and cocoa toasted cereal
- 18** Pear berry cereal
- 20** Orange and mango chia pudding
- 22** Fruit scones
- 24** Fennel, date and nut bread
- 26** Asparagus and pea omelette
- 28** Vegetable bake with goat's feta
- 30** Tofu scramble
- 32** Stuffed Portobello mushrooms
- 34** Baked beans
- 36** Breakfast sausages
- 38** Spiced fennel and silverbeet with fried eggs

LIGHT MEALS

- 42** Avocado sorbet (palate cleanser)
- 43** Basil sorbet (palate cleanser)
- 44** Crispy bread with tapenade
- 46** Linseed crackers with mutabbal beitinjan (eggplant dip)
- 48** Oatcakes with Moroccan hommus
- 50** Broad bean bruschetta
- 52** Gorgonzola panna cotta with pear and walnut salad
- 54** Rice paper rolls with sweet and sour chilli sauce
- 56** Cauliflower and fennel nuggets with ajvar
- 58** Nachos with beans and cashew sour cream
- 60** Corn and coriander fritters with avocado tahini
- 62** Chilli chutney quesadillas
- 64** Sweetcorn and black rice salad
- 66** "Spaghetti" with spinach and mint pesto
- 68** Fattoush salad with grilled haloumi
- 71** Polish croquettes with mushroom and sauerkraut
- 74** Israeli couscous salad
- 76** Mashed pea and corn slice
- 78** Soba noodle and tofu salad
- 80** Carrot, feta and mint salad
- 82** Watermelon gazpacho with jalapeño oil
- 84** Miso soup
- 86** Borscht with Polish dumplings
- 88** Spiced lentil vegetable soup
- 90** Jerusalem artichoke soup with cheese shards

MAIN MEALS

- 94** Pumpkin tart
- 96** Mixed mushroom congee with pickled eggs
- 98** Broccoli mustard pasties
- 100** Courgette strudel
- 102** Mexican stack
- 104** Vegetable pilaf
- 106** Ricotta patties with chilli lime corn
- 109** Vegetable lasagne
- 112** Buckwheat and mushroom quiche
- 114** Semolina gnocchi with asparagus
- 117** Three bean shepherd's pie
- 120** Macaroni cheese with a crunchy topping
- 122** Roasted pumpkin and quinoa risotto
- 124** Lentil and chickpea burger with tahini dressing
- 126** Harvest nut roast with gravy
- 128** Autumn vegetable gratin
- 130** Cheese and spring onion galette
- 132** Artichoke and bean ragout
- 134** Pumpkin and tempeh bobotie
- 136** Honey ginger tofu with greens
- 139** Zucchini tortillas with falafel
- 142** Vegetable curry with cauliflower couscous
- 144** Eggplant with burghul
- 146** Chilli con tempeh

DESSERT

- 150** White chocolate and coconut rice pudding
- 152** Coconut and almond jelly with pineapple syrup
- 155** Banana tofu ice cream
- 156** Chocolate Frangelico® gelato
- 158** Almond and date bars
- 160** Schiacciata (dessert pizza)
- 162** Milk tart
- 164** Raw strawberry cheesecake
- 166** Fruit jellies
- 168** Polish crêpes
- 171** Chocolate mousse
- 172** Coconut coffee crunch
- 174** Orange and passionfruit Eton mess
- 176** Peaches in white wine syrup